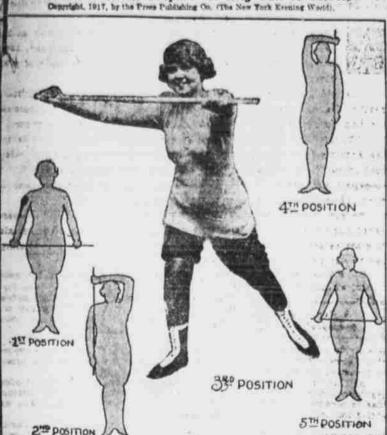
# Evening World Daily Magazine

## For Physical Preparedness U. S. Army Exercises Posed by Pauline Furlong

Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.



### FIRST SET—Wand Exercise No. 7.

ECENTLY I had the very good fortune to watch the army "Sefting Up" exercises in one of the local armories, and the one thing which impressed me the most was the absolute case and grace with which the West Point officer in charge carried himself.

Probably as many as several hundred men entered the armory, and many of them were in the regulation khakl uniforms, but my attention was immediately attracted to just one of this number, and he was not tall, either-hardly the average height. The erect shoulders and head, easy yet firm and decided galt in this man's walk, would attract the average person at a glance, and certainly proves just what systematic and daily exercises will do toward benefiting and beautifying the body.

I found the regulation army exercises much the same as any others, all of them being quite simple and easy to master, so I have chosen some of the most effective and beneficial ones to illustrate and describe to my readers. These sets of exercises are practised in the armories for just onehalf how at a time, and as none of them are particularly difficult, they do not co a tired feeling or exhaustion. The more difficult movements I noticed are taken toward the last, in order, I imagine, to prevent fatigue at the start of the movements.

In to-day's exercise, Fig. 1 shows the starting position, with the wand re ing against the front of the body, arms extended at full length, head and chest up, body straight but not rigid. Then quickly raise the left arm at

the height of farehead, bringing the wand to the right side of the bedy, true that a certain amount is essential to the bedy, but superfluous fat is not necessary and really dangerposition lunge directly to the right, at the same time extending the wand to right at height of the chin, jeft log extended straight back and right

Reach and stretch the arms to the full length with each hinge, and make each movement a senarate and distinct exercise in itself. Firing the feet and arms back to the position shown in 1715, 4-the same as 1715 I Fig. 5. Do this five times, and ten if it does not tire you.

## Answers to Queries.

HOURS OF SLEEP AND REST FOR STUDENT IN THE At least eight hours of sleep, two in the open air for exercise and, of course, the hours for study should be dyterenined by the nature of the work you longer work through much ontdoo

WATER DRINKING AT MEALS MRS, R. W. A.: Water drinking a meals checks the flow of saliva and stomach without being properly of ticated. Fruits find saley green ve stables should be taken instead. water, but much water should i taken between meals and on arming

· WATER IN BODY MINTEREL IL The human body is nearly striper , and water and it is in every thange of it It is taken into the body through drink and all kinds of liquid duals

FATS IN THE BODY - MILE R. W. when foods cannot be eaten. It is

### To Prevent Rug Corners From Curling.

I TERE to a simple plan for preventing the corners of russ from carriers up. Cut four pieces of whalehone or cursel steel, each about four or five mines loog, also four strips of adhesive tape a

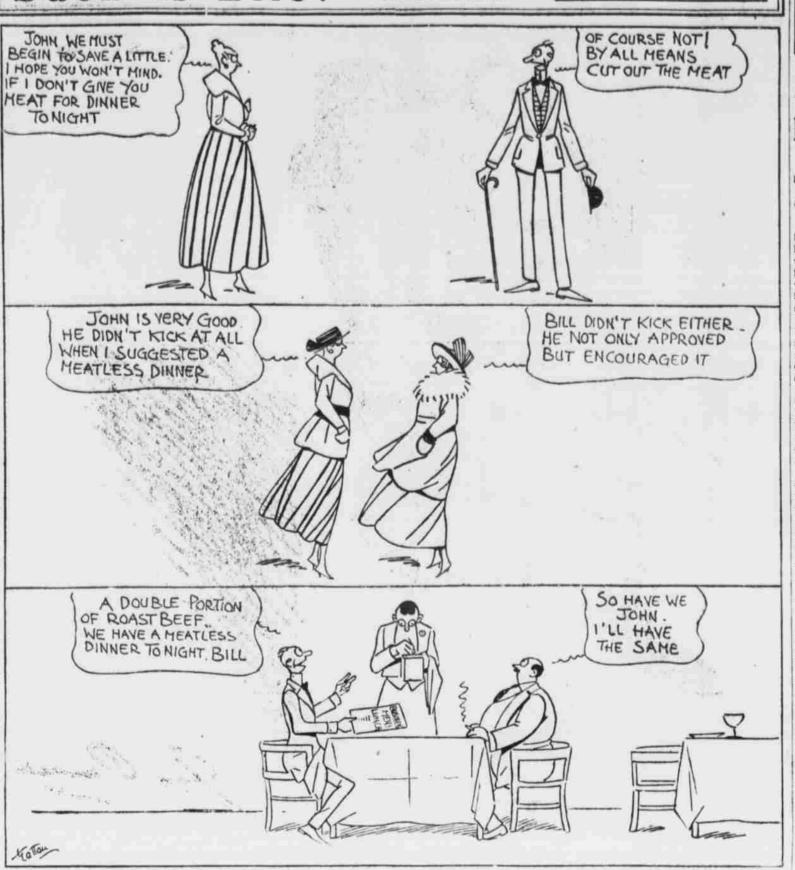


ten it down with the tape, press chard so that the edges will alber

## Such Is Life!

Oppyright, 1917, by The Press Publishing On. (The New York Evening World.)

By Maurice Ketten



## The Evening World's Kiddie Klub Korner Conducted by Eleanor Schorer

Outdoorland

The Bluet. OVINGLY the golden eye. Puts through the grasses to the sky. Blue, blue as if the

sky let fall A flower from its heavenly wall-"I should love to have all the Kiddle Klub coustns comwith us to your old home in Outdoorland where the winding brook sings in the sun and robins search

Bobble to Prof. Bombus. "I can an East Indian Rajah having more imagine their joyous shouts at the relations. sight of these large patches of the dainty little bluets already growing more pride, nor feel more devotion almost as thick as grass."

that they are sometimes called Quaker Saying that the Klub is not a Ladies. Bob and Beas plucked large much a Kiddle not only means that bunches of these small four-petaled it has a large membership, but also flowers which varied from blac to that the great majority of member palest bine, each with a pure gold are boys and girls some of whom

they had with them might plant those Truth and Purity." enamel-like blossoms in front of their homes and that they would multiply feativities will be both in and outsiso fast that in a few seasons they the heart, when cousins will me would carpet the whole lawn and Bob cousins on the big green under the would carpet the whole lawn and Bob colors of Our Klub and Our Nation. and Bess loft with their arms full of plants and their hearts full of joy over the loveliness of these modest flowers. Written by HAROLD ROGERS, age nine, No. 11 Durston Avenue, Ossiu-

Do you know what to-day is? Today is our dear Klub's birthday! It is one year old but not nearly so much of a Kiddle as its name and

Just one year ago to-day the first Just one year ago to-day the Of ghost over telling and fine-invitation reacting telling Klub Korner appeared in the Of ghost over telling and fine-invitation reacting telling with it for and class telling with it also the jobs New York Evening World and two weeks later was 1). After that every day brought cousins upon cousins until I feel sure that we hold the world's record for Nov . using. It is hard to think of even The people

BOB AND BESS PLUCKED LARGE BUNCHES

Nor can he possibly view them with toward them than I do toward you So straight and prim are the bluets and know you do toward me.

are almost young men and young Bombus told the children that they women. And all of whom understanand all the cousins whom they wished and live by our Klub motto, "Love

Cousin Eleanor. P. S.—The Kiddie Klub Pageant, "YOUNG MANHATTAN," is to be held in Central Park on Bat urday, May 25.

urday, May 25.
Rehearsals every Saturday at Washington Irving High School, No. 40 Irving Place, Manhattan, and dail in the Park Playground Contres of

The Shells.

I made a garden out of soul
And phanted it with eight,
Anti-very day I subject

That I should raise a gard or comp

Made a garden from the comp

VICTIVII GERALTIN ago (write No. 228)

Nicola A southe Herocalty.

our proud cousinship numbered ex-tus time when at things forget their steels actly five hundred and one—(the one followed by the birds and flowers.





COUPON NO. 156

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to save their WORLDS for you every day.

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Cameron steadied himself for a motransform steadied himself for a motransform steadied aim and fired. The and having by proxy accepted it.

Its ring pury stumbled recovered him. Cameron was in position to discuss part, atumbled again and fell. But with the Chief in a judicial if not even before he reached the warth his friendly spirit the matter he had in rider had leaped free, and, still some hand. (To Be Continued.)

## Earn 25c a Week

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REST NOVELS PUBLISHED

BEST NOVELS PUBLISHED

Commanded in the state of his heaves. Again Cameron and the state of his heaves again his heaves. Again Cameron and the state of his heaves again his heaves. Again Cameron and the state of his heaves again his heaves. Again Cameron and the state of his heaves again his heaves. Again Cameron and the state of his heaves again his heaves. Again Cameron and the state of his heaves again his heaves. Again Cameron and heaves again his heaves again his heaves. Again Cameron and heaves again his heaves again hi

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